

# Talking about Care Planning (REDMAP)

2026

<b>Ready</b>	Can we talk about your health and care? What could help you now or if things change? Who should be involved?
<b>Expect</b>	What do you <b>know</b> ? Do you want to tell/ask me about anything? Some people think about what <b>might happen if...</b>
<b>Diagnosis</b>	What we <b>know</b> is... We <b>don't know</b> ... We are <b>not sure</b> ... Is there anything you'd like us to talk about? I <b>hope</b> that you will stay well, but I <b>am worried</b> about... It is <b>possible</b> that you might....
<b>Matters</b>	What is <b>important</b> to you and your family/people close to you? What do we need to know about you? Is there anything you'd like help with? Who could do that? Is there anything you don't like or want? What would ( <i>name</i> ) <b>say</b> about this, if we could ask them? <b>Why?</b>
<b>Actions</b>	What we <b>can do</b> is... Things that <b>can help</b> are.... This <b>will not help</b> because.... That <b>does not work if...</b>
<b>Plan</b>	Can we make some plans in case things change? Having a plan means you get the right help if/ when you need it.